

## Riverdog Farm Veggie Box News

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October 3, 2011

[www.riverdogfarm.com](http://www.riverdogfarm.com)

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### Box Contents:

1¼ lbs Green Beans  
2 Cucumbers  
1 lb Tomatoes  
1 bu Chard  
1 Red Kabocha Squash  
1 bu Tokyo Turnips  
¾ lb Summer Squash  
1 lb Yellow Onions  
1 bu Red Beets

### November Payment is due by October 28, 2011:

*We will deliver the week of Thanksgiving. Veggie boxes normally delivered on Thursday and Friday will be delivered earlier in the week. Details to follow in coming newsletters.*

November payment for five **Wednesday** deliveries is \$100.

November payment for four **Thursday/Friday** deliveries is \$80.

If you have any questions about your account status, please email us at [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com) or call (530) 796-3802.

Please check the "Ordered Through" column on the sign-out sheet. If the printed date in the column is earlier than the end of the month, your payment for the remainder of the current month is due by the date. Without timely receipt of payment, deliveries may be interrupted.

### Special Bulk Offers

#### Almond Butter:

2 jars for \$24

#### Early Girl Tomatoes:

20-lb case for \$26

Please email or call us to place your order by the Friday before your delivery day. Please mail your payment to our address when you place the order.

**Field Notes:** Ahhh! The first rains came on Monday October 3<sup>rd</sup> moments after a hugely successful Hoes Down Harvest Festival weekend held at Full Belly Farm with close to 5,000 people in attendance. This annual event brings urban and rural dwellers together to celebrate all things agricultural. Next year is the festival's 25<sup>th</sup> anniversary. All 400 event volunteers were relieved that the steady drizzle of moisture came after the gathering. These light rains, registering a bit under ¼ inch in the rain gauge, helped settle the dust after the dancing of festival attendees stirred up a lot of dust.

### Riverdog Farm Pumpkin Party

Sunday October 23, 2011 1:00 pm to 5:00 pm. Come to the farm to harvest a pumpkin, have a picnic, eat ice cream, and enjoy a hayride tour to see the crops and hogs. Please bring a potluck dish to share along with your own plates and eating utensils. Non-alcoholic beverages will be provided. Directions and address can be found on our website and in future newsletters: [www.riverdogfarm.com](http://www.riverdogfarm.com). Hot-off-the-press Riverdog Farm t-shirts will be available for purchase as well as our limited edition almond butter. RSVP with the number attending to [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com). Heavy rain will cancel the event. If it's raining Sunday morning or you get lost finding the farm, please call: (530) 320-1608. Please bring a map/directions as cell phone reception is spotty in the Capay Valley.

**Box Notes:** Making its first appearance this fall, Red kabocha squash is grown and known for its deep orange, sweet flesh. Baked, the red kabocha is delicious for pies or eaten on its own. The squash can also be cubed and cooked in soup. Because of the kabocha's round shape and density (it's somewhat difficult to cut in half when uncooked), you can bake it whole for about 45 minutes until soft. Then, remove it from the oven, allow to cool, cut it in half and remove the seeds. Ginger pairs well with this type of squash. Sauté some chopped ginger and stir it into the baked squash. The mix of summer and fall crops in this week's box gives you a range of cooking options: from a tomato platter drizzled with olive oil to warming squash soup. Hope you enjoy your veggie box!

### Thai Red Curry with Kabocha Squash and Shrimp

From <http://www.epicurean.com/featured/thai-red-curry-with-kabocha-squash.html>

**1 small kabocha squash, about 2 pounds**  
**2½ cups coconut milk**                      **1½ teaspoons sugar**  
**1 to 2 tablespoons Thai red curry paste**  
**3 tablespoons fish sauce**                      **½ cup chicken broth**  
**2 lemongrass stalks, bottom 4 inches only, tough outer leaves removed, halved crosswise, and bruised**  
**½ pound large shrimp, peeled and deveined**  
**½ cup fresh or frozen peas**  
**4 Roma (plum) tomatoes, quartered lengthwise**

The key to making a good curry is to fry the curry paste in coconut cream. It brings out a deep, mellow flavor reducing any potential bitterness. To secure the coconut cream, do not shake the can of coconut milk before you open it (you will probably need to open two cans for this recipe, as most hold less than the 2½ cups needed). Remove the lid and skim off the layer of cream sitting on top of the milk to use for frying. Gauge how much curry paste to use by tasting your particular brand, as each one varies in heat and saltiness. If kabocha squash isn't available, butternut squash makes a good substitute. Serve the curry with lots of jasmine rice.

### **Riverdog Farm Meats:**

Riverdog Farm chickens and hogs are CCOF certified organically raised animals. Meat is processed in non-organic USDA inspected facilities, and therefore meat is not certified organic.

**White Cornish:** 3.50 to 5-lb whole (head & feet-on) chickens at \$4.50 per pound.

**Red Ranger:** 3.50 to 5-lb whole (head & feet-on) chickens at \$5 per pound.

**Pork Shares:** 15 to 20-lb pre-packed cases of assorted cuts at \$7 per pound.

**Pork Sausages:** 10-lb order of assorted styles is \$65.

**Smoked, Plain or Peppered Bacon:** 5-lb order of bacon is \$50

**Smoked Hams:** 5-lb order of breakfast ham steaks is \$45. Whole hams also available.

To request a list of pork shares or to place an order, please email [csa@riverdogfarm.com](mailto:csa@riverdogfarm.com). Meat is delivered frozen.

### **Have a friend who'd enjoy our CSA program?**

Endorsement from members who enjoy our service is the best advertisement we could ever hope for! If you like what we do and know folks who would enjoy receiving our weekly veggie box deliveries, please have them give us a call, send us an email, or visit [www.riverdogfarm.com](http://www.riverdogfarm.com).

Using a sturdy chef's knife or cleaver, split the kabocha squash into quarters through the stem end. Remove the seeds and fibrous strands with a spoon. Place the squash on a cut side to steady it, then carefully, aiming your knife downward, remove the skin. Cut enough 1-inch chunks to make 4 cups.

To make the curry, heat a wok over high heat. Scoop the thick coconut cream off the top of the coconut milk and add it to the pan, followed by the red curry paste. Fry the paste in the cream, stirring constantly, for about 3 minutes, or until it becomes aromatic and richer in color. Add the sugar and fish sauce and stir to combine. Pour in the remaining coconut milk and the broth, mix well, reduce the heat to low, and add the lemongrass and squash. Cook for 20 to 30 minutes, or until the squash is tender when pierced with a fork.

Add the shrimp and peas and cook for 3 to 5 minutes, or until the shrimp are opaque. Add the tomatoes and cook for 1 minute longer until heated through. Turn into a bowl and serve at once.

### **Roasted Kabocha Squash Soup**

From <http://www.lafujimama.com/2009/06/roasted-kabocha-squash-soup/>

**1 medium to large size kabocha squash**  
**1 tablespoon plus 1½ tablespoons olive oil**  
**2 small or 1 large yellow onion, thinly sliced**  
**1 14-oz. can coconut milk (I used light coconut milk)**  
**2 cups chicken stock (can use any kind of stock you prefer)**  
**Salt and pepper to taste**

Preheat oven to 350 degrees Fahrenheit.

Cut kabocha in half, scoop out seeds and stringy insides, then prick flesh with a fork. Brush 1 tablespoon of olive oil on flesh and set halves face down in baking sheet in approximately ½ inch of water. Bake for about 45 minutes until flesh is soft.

While kabocha is baking, caramelize onions in 1½ tablespoons of olive oil.

After kabocha is finished cooking, scoop flesh out of skin.

In a food processor, add kabocha, onions, coconut milk, stock, salt, and pepper and process until smooth. Serves 8.

Note: I suggest adding half of the coconut milk and half of the stock and then tasting it. Depending on your tastes, you may want to add all of the coconut milk, or you may want to add more stock. Also, if the soup is too thick, add additional stock until it reaches the consistency you desire.